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The Pleasures of Health.

WE VISIT YOU AGAIN.

FOR many years past Mother Seigel's Almanac has been a welcome annual visitor to the homes of the people of the Dominion. There is plenty of evidence to show that it has done a deal of good. It contains interesting reading for everybody, but is especially intended to help the sick and to show them how to get well.

Now the whole drift of modern thought and invention is to simplify things. What we are all trying to get at is first principles. There may be fifty results and only one cause. All the vegetation on the earth, almost infinite in variety, springs from a dozen elements, compounded under different conditions. Ages ago men used to think that when they came across something with a new shape, they had stumbled over a kind of creation unlike everything else. But experience has taught us better.

Let us now see how this fits in with what we know of disease. Once upon a time students of medicine held the notion that there was a different sort of ailment for almost every square inch of the human body; and they called these by names enough to fill twenty pages of a big dictionary. And then, of course, on that theory they got up as many different kinds of treatment. They imagined that every organ and part of the body was subject to a lot of troubles and complaints of its own, which had little or nothing to do with any other organ or part.

So stupid a blunder as this could only lead to miserable failure. They didn't hit the mark one time in fifty. How on earth could a cabinet maker, for example, turn out

What to Use it For.

A wild beast may leap suddenly down on you from a tree as you are passing under. Some diseases kill quickly in this way, but it is not the rule. As the whistle of the locomotive lets you know the train is coming, so Nature, in various ways, tries to warn you of approaching danger. Here is a short list of ailments which indicate that there is trouble behind them. *There is not one of them which may not be more serious than you think.* They are not only *symptoms*, but many of them are exceedingly *painful and dangerous* IN THEMSELVES. Thus they are doubly bad, and should be treated as soon as they appear. A pistol ball through a man's head is only a "symptom" of the powder that sent it; but it kills him all the same. Apoplexy is but a "symptom" of a disordered circulation of the blood; but it may kill a man in five minutes.

Therefore watch out sharply for things like the following and resort to Mother Seigel's Syrup the very hour any of them first comes upon you.

A feeling of distress after eating, with heaviness and deadness of the stomach; sickness and nausea; pains in the head, chest, sides and back, sometimes shifting from place to place. Bad taste in the mouth, and rising of offensive gas in the stomach; dizziness, as though you were going to fall; costiveness and irregularity of the bowels.

Yellow color of the eyes and skin; cold hands and feet; palpitation and heartburn; variable appetite, sometimes hungry and then loathing the very thought of food.

Sick headache; ringing in the ears; spots before the eyes; flushes of heat across the body.

2nd Month. FEBRUARY, 1893. 28 Days.

Day Month.	Day Week.	For Montreal, Quebec and regions of St. Lawrence and Ottawa Rivers. Sun Rises.	Sun Sets.	Moon Sets.	For Toronto and Province of Ontario, lying on and bet. the Great Lakes. Sun Rises.	Sun Sets.	Moon Sets.
		h.m.	h.m.	h.m.	h.m.	h.m.	h.m.
1	TUESDAY	7 21	5 07	3 56	7 17	5 11	3 49
2	WEDNESDAY	7 20	5 08	4 49	7 16	5 12	4 41
3	THURSDAY	7 19	5 09	5 33	7 15	5 14	5 26
4	FRIDAY	7 18	5 11	6 12	7 14	5 15	6 06
5	SATURDAY	7 17	5 12	6 43	7 12	5 16	6 38
6	**SUNDAY**	7 16	5 14	rises.	7 11	5 18	rises.
7	MONDAY	7 14	5 15	6 32	7 10	5 19	6 34
8	TUESDAY	7 13	5 17	7 45	7 09	5 20	7 45
9	WEDNESDAY	7 12	5 18	8 52	7 08	5 22	8 51
10	THURSDAY	7 10	5 20	10 09	7 06	5 23	10 06
11	FRIDAY	7 09	5 21	11 26	7 05	5 24	11 22
12	SATURDAY	7 08	5 22	morn.	7 03	5 26	morn.
13	**SUNDAY**	7 06	5 24	0 43	7 02	5 27	0 37
14	MONDAY	7 05	5 25	1 58	7 00	5 29	1 52
15	TUESDAY	7 03	5 27	3 11	6 59	5 30	3 04
16	WEDNESDAY	7 01	5 28	4 12	6 58	5 31	4 05
17	THURSDAY	7 00	5 30	5 03	6 56	5 33	4 56
18	FRIDAY	6 58	5 31	5 44	6 55	5 34	5 38
19	SATURDAY	6 56	5 32	6 14	6 53	5 35	6 10
20	**SUNDAY**	6 54	5 34	sets.	6 52	5 37	sets.
21	MONDAY	6 52	5 35	7 04	6 50	5 38	7 04
22	TUESDAY	6 51	5 37	8 10	6 49	5 40	8 09
23	WEDNESDAY	6 49	5 38	9 23	6 47	5 41	9 21
24	THURSDAY	6 47	5 40	10 35	6 45	5 42	10 31
25	FRIDAY	6 46	5 41	11 42	6 43	5 44	11 35
26	SATURDAY	6 44	5 42	morn.	6 42	5 45	morn.
27	**SUNDAY**	6 42	5 44	0 46	6 40	5 46	0 40
28	MONDAY	6 40	5 45	1 45	6 39	5 47	1 38

Moon's Phases.	75th Meridian.	90th Meridian.	105th Meridian.
Full Moon	6d 1h 24m ev.	6d 0h 24m ev.	6d 11h 24m m.
Last Quarter	13d 7h 35m ev.	13d 6h 35m ev.	13d 5h 35m ev.
New Moon	20d 2h 41m ev.	20d 1h 41m ev.	20d 0h 41m ev.
1st Quarter	28d 6h 13m m.	28d 5h 13m m.	28d 4h 13m m.

Trouble of mind and vague fears for the future, without being able to give a reason; restlessness, "fidgets," poor sleep, unpleasant dreams, desire to avoid company; loss of ambition and dislike for work.

A tired and weary feeling that is not relieved by rest; dry and scurfy skin; aching of the arms and legs, and soreness of the muscles.

Mother Seigel's Syrup never fails to relieve any of the above maladies *at once* if taken at the outset. If on the other hand you have been neglect-

Seigel's Plasters cure pain in the back.

ful and allowed them to obtain a hold upon you, a little time and patience may be required to effect a permanent cure. *But persevere in the use of the remedy.* Take it regularly according to directions, and if its wonderful successes in the past furnish any ground on which to base a prediction, its success in your case may be confidently expected.

A Specific for Dyspepsia.

DUNBAR, ONT., Feb. 8, 1896.

A. J. WHITE & Co.:

Gentlemen: I feel it my duty to let you know what good I obtained by the use of your Mother Seigel's Syrup. I was troubled for years with my stomach; had to be careful what I ate; there were several kinds of food I did not dare to eat; if I did the pain in my stomach would almost kill me. Your Syrup has cured me. I can eat anything that I wish and it agrees with me. I am sure there is no medicine that will come up to your Syrup for dyspepsia. It is a sure cure. Lots of people around here have used it and they all say it is a grand thing for the stomach. I cannot recommend it too highly, and your Pills are the best regulating pills that I ever got. One pill will cure the headache any time.

I was talking the other night to a lady who was using them and she said they were the best she ever got. I would recommend your medicine to all who are troubled with dyspepsia.

(Signed) C. A. WHITTAKER.

ALMA, N. B., Mch. 10, 1897.

A. J. WHITE & Co.:

Dear Sirs: Words cannot express my thanks to your wonderful remedy called Mother Seigel's Curative Syrup. I was suffering with a lame back for a long time and could get no relief. I tried everything I could hear tell of, all medicines and then doctors, and got no relief until I saw where Curative Syrup was recommended for just exactly my case. I decided to try it, and I proudly say that less than one bottle and one box of pills completely cured me, and I have recommended it to others, thanks to your Curative Syrup.

You can use my name to your own satisfaction, and if any one wants to find out let them write to me. I remain, yours,

(Signed)

ROLAND BANNISTON.

3rd Month. MARCH, 1898. 31 Days.

Day Month.	Day Week.	For Montreal, Quebec and regions of St. Lawrence and Ottawa Rivers. Sun Rises.	Sun Sets.	Moon Sets.	For Toronto and Province of Ontario, lying on and bet. the Great Lakes. Sun Rises.	Sun Sets.	Moon Sets.
		h.m.	h.m.	h.m.	h.m.	h.m.	h.m.
1	TUESDAY	6 39	5 47	2 40	6 37	5 48	2 33
2	WEDNESDAY	6 37	5 48	3 27	6 35	5 49	3 20
3	THURSDAY	6 35	5 50	4 07	6 33	5 50	4 01
4	FRIDAY	6 33	5 51	4 42	6 31	5 52	4 37
5	SATURDAY	6 31	5 52	5 11	6 30	5 53	5 06
6	**SUNDAY**	6 29	5 53	5 33	6 28	5 54	5 30
7	MONDAY	6 27	5 55	5 53	6 26	5 56	5 51
8	TUESDAY	6 26	5 56	rises.	6 24	5 57	rises.
9	WEDNESDAY	6 24	5 57	7 53	6 22	5 58	7 51
10	THURSDAY	6 22	5 59	9 12	6 21	5 59	9 09
11	FRIDAY	6 20	6 00	10 32	6 19	6 01	10 27
12	SATURDAY	6 18	6 02	11 49	6 17	6 02	11 43
13	**SUNDAY**	6 16	6 03	morn.	6 15	6 03	morn.
14	MONDAY	6 14	6 04	1 02	6 14	6 04	0 55
15	TUESDAY	6 12	6 06	2 07	6 12	6 05	2 00
16	WEDNESDAY	6 10	6 07	3 00	6 10	6 07	2 54
17	THURSDAY	6 09	6 08	3 42	6 08	6 08	3 36
18	FRIDAY	6 07	6 09	4 14	6 06	6 09	4 10
19	SATURDAY	6 05	6 11	4 40	6 05	6 11	4 37
20	**SUNDAY**	6 03	6 12	5 01	6 03	6 12	4 59
21	MONDAY	6 01	6 13	5 18	6 01	6 13	5 18
22	TUESDAY	5 59	6 15	sets.	5 59	6 14	sets.
23	WEDNESDAY	5 57	6 16	8 16	5 57	6 16	8 12
24	THURSDAY	5 55	6 17	9 24	5 56	6 17	9 20
25	FRIDAY	5 54	6 19	10 30	5 54	6 18	10 25
26	SATURDAY	5 52	6 20	11 31	5 52	6 19	11 25
27	**SUNDAY**	5 50	6 21	morn.	5 51	6 20	morn.
28	MONDAY	5 48	6 23	0 29	5 49	6 22	0 22
29	TUESDAY	5 46	6 24	1 20	5 47	6 23	1 13
30	WEDNESDAY	5 44	6 25	2 03	5 45	6 24	1 56
31	THURSDAY	5 42	6 27	2 40	5 44	6 25	2 34

MOON'S PHASES.	75TH MERIDIAN.	90TH MERIDIAN.	105TH MERIDIAN.
Full Moon	8d 4h 29m m.	8d 3h 29m m.	8d 2h 29m m.
Last Quarter	15d 2h 4m m.	15d 1h 48m m.	15d 0h 48m m.
New Moon	22d 3h 37m m.	22d 2h 37m m.	22d 1h 37m m.
First Quarter	30d 2h 40m m.	30d 1h 40m m.	30d 0h 40m m.

The Best Pills in the World.

CAPE CHATTE, Mch. 8, 1897.

Gentlemen: I wish to make your pills known to all women, but do not know how. They are the best medicines for sufferers and I believe they can cure everything. I do not know of anything to equal them. Last autumn I suffered from pains in all my body, but not in my stomach. I did not know what to do with myself. I had tried several medicines, but in vain; but one box of your pills cured me. I think they are worth their weight in gold. I have used them several times and always been satisfied.

Yours gratefully,

(Signed) MRS. JOSEPH COTÉ.

Your pain in the side will be cured by using a Seigel's Plaster.

Diseases of the Stomach.

The stomach is a simple sack or bag. Into it all the food drops as we swallow it. Here it remains some time to be digested. The stomach —unlike the liver — does no other work; but digestion is a complicated and difficult operation. In the stomach the food is mixed by means of a motion of its own with certain natural fluids or juices, until it becomes a thick, half-fluid mass. Failure on the part of the stomach to accomplish this is called indigestion and dyspepsia. It is almost a universal disease, and the fruitful cause of nearly all the other ailments we suffer from. The food remains in the stomach and ferments, just as garbage does in a tub. A foul and nauseous gas is generated, which rises into the throat, and, with other poisons, attacks the whole system by means of the nerves and blood vessels.

The principal symptoms are these:—Distress after eating; a sense of fullness and deadness; headache, giddiness, bad breath; hot flushes, followed by creeping chills; sleeplessness, loss of ambition and energy, yellowish eyes and skin, a feeling of weariness that is not relieved by our usual repose; desire to be alone; dry and scurfy skin; aching of the back, arms and legs; bad taste in the mouth, coated tongue, variable appetite, hunger alternating with a loathing of food; great mental depression, and fears and anxieties without any apparent cause; shortness of breath and trembling of the limbs on making any exertion, etc. The stomach is tender on pressure, and filled with slime and mucus. The liver sympathizes with the state of the stomach, and the result is an attack of bilious-

4th Month. **APRIL, 1898.** **30 Days.**

Day Month.	Day Week	For Montreal, Quebec and regions of St. Lawrence and Ottawa Rivers. Sun Rises.	Sun Sets.	Moon Sets.	For Toronto and Province of Ontario, lying on and bet. the Great Lakes. Sun Rises.	Sun Sets.	Moon Sets.	Moon's Phases.	75th Meridian.	90th Meridian.	105th Meridian.
		h m.	h.m.	h.m.	h.m.	h.m.	h.m.	Full Moon..			
1	Friday	5 41	6 27	3 09	5 42	6 27	3 05	Last Quarter.			
2	Saturday	5 39	6 29	3 35	5 40	6 28	3 32		6d	6d	6d
3	**SUNDAY**	5 37	6 30	3 55	5 38	6 29	3 52	New Moon	13d	13d	13d
4	Monday	5 35	6 31	4 12	5 37	6 30	4 11		9h 28m m.	8h 58m m.	7h 28m m.
5	Tuesday	5 33	6 32	4 37	5 35	6 31	4 37	First Quarter	20d	20d	20d
6	Wednesday	5 31	6 34	rises.	5 33	6 32	rises.		5h 21m ev.	4h 21m ev.	3h 21m ev.
7	Thursday	5 29	6 35	8 11	5 31	6 34	8 07		28d	28d	28d
8	Friday	5 27	6 36	9 32	5 30	6 35	9 26		9h 5m ev.	8h 5m ev.	7h 5m ev.
9	Saturday	5 25	6 38	10 49	5 28	6 36	10 43				
10	**SUNDAY**	5 24	6 39	11 58	5 26	6 37	11 51				
11	Monday	5 22	6 40	morn.	5 24	6 38	morn.				
12	Tuesday	5 20	6 41	0 55	5 23	6 40	0 49				
13	Wednesday	5 18	6 43	1 42	5 21	6 41	1 36				
14	Thursday	5 16	6 44	2 17	5 19	6 42	2 12				
15	Friday	5 14	6 45	2 44	5 17	6 43	2 41				
16	Saturday	5 12	6 46	3 05	5 16	6 44	3 03				
17	**SUNDAY**	5 11	6 48	3 23	5 14	6 45	3 22				
18	Monday	5 09	6 49	3 47	5 12	6 46	3 48				
19	Tuesday	5 07	6 50	4 04	5 10	6 48	4 06				
20	Wednesday	5 05	6 52	4 26	5 08	6 49	4 29				
21	Thursday	5 04	6 53	sets.	5 07	6 50	sets.				
22	Friday	5 02	6 54	9 19	5 05	6 51	9 13				
23	Saturday	5 00	6 56	10 19	5 04	6 53	10 13				
24	**SUNDAY**	4 59	6 57	11 12	5 02	6 54	11 05				
25	Monday	4 57	6 59	11 58	5 00	6 55	11 52				
26	Tuesday	4 56	7 00	morn.	4 59	6 56	morn.				
27	Wednesday	4 54	7 01	0 37	4 57	6 58	0 31				
28	Thursday	4 53	7 03	1 09	4 56	6 59	1 04				
29	Friday	4 51	7 04	1 36	4 54	7 00	1 32				
30	Saturday	4 50	7 05	1 57	4 53	7 02	1 54				

ness, which affects every organ of the body and prostrates the nerves.

The experiences of thousands for many years proves the wonderful efficacy of Seigel's Curative Syrup in this miserable malady. We need scarcely make this statement to the people of Canada, who so largely rely upon this remedy in a disease that is so common among them. The Syrup gently but surely clears out the noxious load from the principal organs of digestion, helps the stomach to dissolve

If you have Lumbago, use a Seigel's Plaster.

and digest what is nutritious in it, and expels the remainder through the bowels and other organs of excretion. It thus cures one malady and prevents others which will certainly follow unless this is quickly and thoroughly done.

Seigel's Curative Syrup has been successful in cases which have baffled the best medical talent, and what it has done it may be trusted to do still. Whether your case be acute or chronic, the result will be the same. Only in long-established cases there is need of patience and faithfulness in using it. The reward will be restored health and a fresh sense of the value and beauty of life.

Sick Headache.

This distressing but not dangerous ailment is commonly the result of indigestion. You can prevent it by taking a dose of Seigel's Curative Syrup every few days, immediately after a meal. Persons at all subject to sick headache should take the Syrup whenever they feel any signs of costiveness.

LEMONVILLE, ONT., Sept. 5, 1896.
A. J. WHITE & Co., Montreal.

Sirs :—I can unhesitatingly recommend Mother Seigel's Syrup as a positive cure for dyspepsia. In my case I had been troubled with dyspepsia or indigestion for several years, and had tried all the advertised remedies that I heard of but without relief. On the recommendation of your agent here, Mr. W. L. White, I gave Mother Seigel's Syrup a trial, and I am thankful to say that two bottles have completely cured me. I can now take my food with satisfaction and feel that it does me good. I can heartily recommend it to any one suffering from a like disease.

(Signed) MRS. HENRY GRAY.

5th Month. MAY, 1898. 31 Days.

Day Month.	Day Week.	For Montreal, Quebec and regions of St. Lawrence and Ottawa Rivers. Sun Rises.	Sun Sets.	Moon Sets.	For Toronto and Province of Ontario, lying on and bet. the Great Lakes. Sun Rises.	Sun Sets.	Moon Sets.
		h.m.	h.m.	h.m.	h.m.	h.m.	h.m.
1	**SUNDAY**	4 48	7 07	2 15	4 51	7 03	2 14
2	MONDAY	4 47	7 08	2 35	4 50	7 04	2 35
3	TUESDAY	4 46	7 09	2 58	4 48	7 06	2 59
4	WEDNESDAY	4 44	7 11	3 18	4 47	7 07	3 21
5	THURSDAY	4 42	7 12	3 44	4 46	7 08	3 49
6	FRIDAY	4 41	7 14	rises.	4 45	7 09	rises.
7	SATURDAY	4 40	7 15	9 42	4 44	7 10	9 35
8	**SUNDAY**	4 38	7 16	10 46	4 42	7 11	10 40
9	MONDAY	4 37	7 17	11 39	4 41	7 12	11 32
10	TUESDAY	4 36	7 18	morn.	4 40	7 14	morn.
11	WEDNESDAY	4 34	7 20	0 18	4 39	7 15	0 13
12	THURSDAY	4 33	7 21	0 48	4 38	7 16	0 45
13	FRIDAY	4 32	7 22	1 11	4 37	7 17	1 08
14	SATURDAY	4 31	7 23	1 30	4 36	7 18	1 28
15	**SUNDAY**	4 29	7 25	1 49	4 35	7 19	1 50
16	MONDAY	4 28	7 26	2 11	4 34	7 20	2 12
17	TUESDAY	4 27	7 27	2 31	4 33	7 21	2 34
18	WEDNESDAY	4 26	7 28	2 54	4 32	7 22	2 58
19	THURSDAY	4 25	7 29	3 22	4 31	7 23	3 28
20	FRIDAY	4 24	7 30	sets.	4 30	7 24	sets.
21	SATURDAY	4 23	7 31	9 06	4 29	7 25	8 59
22	**SUNDAY**	4 22	7 32	9 54	4 28	7 26	9 47
23	MONDAY	4 21	7 33	10 35	4 27	7 27	10 29
24	TUESDAY	4 20	7 34	11 10	4 27	7 28	11 04
25	WEDNESDAY	4 19	7 35	11 38	4 26	7 29	11 34
26	THURSDAY	4 18	7 36	morn.	4 25	7 30	11 58
27	FRIDAY	4 17	7 37	0 01	4 25	7 30	morn.
28	SATURDAY	4 17	7 38	0 21	4 24	7 31	0 18
29	**SUNDAY**	4 16	7 39	0 38	4 23	7 32	0 37
30	MONDAY	4 15	7 40	1 00	4 22	7 33	1 01
31	TUESDAY	4 15	7 41	1 19	4 22	7 34	1 22

MOON'S PHASES.	75TH MERIDIAN.	90TH MERIDIAN.	105TH MERIDIAN.
Full Moon	6d 1h 34m m	6d 0h 34m m.	5d 11h 34m ev.
Last Quatrer	12d 4h 36m ev.	12d 3h 36m ev.	12d 2h 36m ev.
New Moon	20d 7h 58m m	20d 6h 58m m.	20d 5h 58m m.
First Quarter	28d 0h 14m ev.	28d 11h 14m m.	28d 10h 14m m.

A Sea Captain's Testimony

CANNING, KINGS CO., NOVA SCOTIA,
January 25, 1897.

MESSRS. A. J. WHITE & CO.:

71 St. James St., Montreal, Canada.

Gentlemen: I wish to let you know what other Seigel's Syrup has done for my daughter. About four years ago she was troubled with sickness at the stomach, and dizzy head in the mornings and whenever she stooped down. She grew very thin and had no more color than a piece of white paper. The doctor's medicine did her no good and I tried a lot of different patent medicines with no better result. My wife induced me to get a bottle of Mother Seigel's Syrup; the first dose she took did her good, and by the time she had taken one bottle she was nearly as well as ever. She still takes some at intervals and now weighs 145 lbs. My daughter induced a young friend of hers to try the Syrup and it did her a lot of good. I am, gentlemen,

Yours truly, E. HOLMES,
Master Mariner.

Seigel's Pills Cure Constipation.

Rheumatism.

Never before has there existed a remedy as unfailingly successful in rheumatic affections as Seigel's Curative Syrup. It lubricates the joints, promotes the secretions of the fluids necessary to remove the stiffness of the muscles, removes hardened deposits in the joints, greases the machinery of nature and makes it move easily. One or two bottles of Seigel's Curative Syrup will do more than a hogshead of liniments, for it carries out of the circulation the acrid humors in the blood upon which rheumatism depends, removes inflammation, soreness, and stiffness of the muscles.

A short trial will convince the most discouraged that it is all that is claimed for it.

☞The seeds of disease—the worn-out particles of the body which are no longer of service in carrying on the functions of life—should be carried out of the body as fast as they are formed. The occasional use of Seigel's Curative Syrup will clear out all the passages of the body and purify them.

Seigel's Curative Syrup abstracts the diseased humors from the blood, and makes it flow through the veins freely. No sluggishness can exist when Seigel's Curative Syrup is used. The blood can be invigorated to such an extent that even the symptoms of old age are protracted for years beyond the time when the tottering step and trembling hand are expected. The body is renewed, life and vigor return, and every organ is restored to health.

BEAR IN MIND.

Remember. Keep yourself healthy. Use Mother Seigel's Syrup to ward off disease. Have it on the shelf. Take a dose now and then to keep the bowels clear and regular. Be wise and fear nothing.

6th Month. **JUNE, 1898.** **30 Days.**

Day Month.	Day Week.	For Montreal, Quebec and regions of St. Lawrence and Ottawa Rivers. Sun Rises.	Sun Sets.	Moon Sets.	For Toronto and Province of Ontario, lying o. and bet. the Great Lakes Sun Rises.	Sun Sets.	Moon Sets.
		h.m.	h.m.	h.m.	h.m.	h.m.	h.m.
1	WEDNESDAY	4 14	7 41	1 42	4 21	7 34	1 46
2	THURSDAY	4 13	7 42	2 12	4 20	7 35	2 16
3	FRIDAY	4 13	7 43	2 12	4 20	7 36	2 57
4	SATURDAY	4 12	7 43	rises.	4 19	7 37	rises.
5	**SUNDAY**	4 12	7 44	9 27	4 19	7 37	9 21
6	MONDAY	4 12	7 45	10 13	4 18	7 38	10 08
7	TUESDAY	4 11	7 46	10 48	4 18	7 39	10 44
8	WEDNESDAY	4 11	7 47	11 15	4 17	7 39	11 12
9	THURSDAY	4 11	7 47	11 35	4 17	7 40	11 34
10	FRIDAY	4 10	7 48	11 56	4 17	7 41	11 56
11	SATURDAY	4 10	7 48	morn.	4 16	7 41	morn.
12	**SUNDAY**	4 10	7 49	0 18	4 16	7 42	0 19
13	MONDAY	4 10	7 49	0 37	4 16	7 43	0 39
14	TUESDAY	4 10	7 50	0 57	4 16	7 43	1 01
15	WEDNESDAY	4 10	7 50	1 25	4 16	7 44	1 30
16	THURSDAY	4 10	7 51	1 57	4 16	7 44	2 03
17	FRIDAY	4 10	7 51	2 37	4 16	7 44	2 44
18	SATURDAY	4 10	7 52	3 22	4 17	7 45	3 29
19	**SUNDAY**	4 10	7 52	sets.	4 17	7 45	sets.
20	MONDAY	4 10	7 53	9 11	4 17	7 45	9 06
21	TUESDAY	4 11	7 53	9 40	4 18	7 46	9 36
22	WEDNESDAY	4 11	7 53	10 05	4 18	7 46	10 02
23	THURSDAY	4 11	7 53	10 26	4 18	7 46	10 24
24	FRIDAY	4 11	7 53	10 42	4 19	7 46	10 42
25	SATURDAY	4 12	7 53	11 07	4 19	7 46	11 07
26	**SUNDAY**	4 12	7 53	11 24	4 19	7 46	11 26
27	MONDAY	4 12	7 53	11 44	4 20	7 46	11 47
28	TUESDAY	4 13	7 53	morn.	4 20	7 46	morn.
29	WEDNESDAY	4 13	7 53	0 08	4 21	7 45	0 12
30	THURSDAY	4 13	7 52	0 42	4 21	7 45	0 48

MOON'S PHASES.

	75TH MERIDIAN.	90TH MERIDIAN.	105TH MERIDIAN.
Full Moon	4d 9h 11m m.	4d 8h 11m m.	4d 7h 11m m.
Last Quarter	11d 1h 4m m.	11d 0h 4m m.	10d 11h 4m ev.
New Moon	18d 11h 19m ev.	18d 0h 19m ev.	18d 9h 19m ev.
First Quarter	26d 11h 54m ev.	26d 10h 54m ev.	26d 9h 54m ev.

Nervous Debility.

Are you run down, do you feel weak, exhausted, depressed, irritable, languid and tired of life; have you headache, neuralgia, dizziness, fever, nausea, stomachache, constipation, loss of appetite, jaundice, flatulence etc?

These symptoms may turn into gastritis, congestion of the stomach, liver disease, kidney complaint, anæmia, dropsy, rheumatism, gout, lumbago, and many other disorders.

Many of them almost incurable with all ordinary medicines. You can cure yourself by eating nourishing food. Provided that your stomach can digest it. Mother Seigel's Curative Syrup helps you to digest food that your stomach cannot take care of.

For boils use Seigel's Ointment,

Fever and Inflammation.

When we run a sliver into one of our fingers it throbs and hurts and soon gets swollen and hot. In its efforts to get rid of the sliver Nature has become excited, and kindled a big fire on the spot. This is a local fever and inflammation. Please pay attention now, and see how simple, yet important, this fact is. Indigestion and dyspepsia allow the foul and poisonous matters, which should pass off out of the system, to get into the blood. They go to every part of it, and to every organ in it. Wherever there is weakness they fasten themselves and produce fever and inflammation. Sometimes it is the bowels, then the kidneys, then the liver, etc. You can always put out a fire in a stove by dumping the grate. On the same principle we must subdue a fever or inflammation by driving the cause of it out of the body. This is true no matter by what name the fever is called; and even when the poison is taken into the body through the lungs as well as through the stomach, as is the case in what are termed contagious or infectious fevers, Seigel's Curative Syrup acts upon the stomach, bowels, liver, and kidneys, and sets them at work to remove the evil guests from the system, and the fever dies out as a fire does when there is no more fuel.

EFFINGHAM, ONT., Sept. 8, 1896.

Dear Sirs:—Some eleven years ago I commenced using your medicine, after being for years troubled with indigestion, so much so I could not eat meat of any kind without suffering greatly from it; but after using Seigel's Syrup for a week I began to feel better, and can eat anything in the way of meats with pleasure. Can safely recommend Seigel's Syrup as a sure cure for indigestion.

Wishing you and your medicine every success, Yours,

(Signed) R. M. EFFRICH.

For sore back use Seigel's Plasters.

7th Month. JULY, 1898. 31 Days.

Day Month.	Day Week.	For Montreal, Quebec and regions of St. Lawrence, and Ottawa Rivers. Sun Rises.	Sun Sets.	Moon Sets.	For Toronto and Province of Ontario, lying on and bet. the Great Lakes. Sun Rises.	Sun Sets.	Moon Sets.
		h.m.	h.m.	h.m.	h.m.	h.m.	h.m.
1	FRIDAY	4 15	7 52	1 27	4 22	7 45	1 33
2	SATURDAY	4 16	7 52	2 23	4 23	7 45	2 30
3	**SUNDAY**	4 16	7 52	rises.	4 23	7 45	rises.
4	MONDAY	4 17	7 51	8 45	4 24	7 44	8 39
5	TUESDAY	4 17	7 51	9 16	4 25	7 44	9 12
6	WEDNESDAY	4 18	7 51	9 38	4 25	7 41	9 36
7	THURSDAY	4 19	7 50	9 58	4 26	7 43	9 58
8	FRIDAY	4 20	7 50	10 23	4 27	7 43	10 24
9	SATURDAY	4 20	7 49	10 42	4 28	7 42	10 45
10	**SUNDAY**	4 21	7 49	11 03	4 28	7 42	11 06
11	MONDAY	4 22	7 48	11 28	4 29	7 41	11 32
12	TUESDAY	4 23	7 48	11 59	4 30	7 41	morn.
13	WEDNESDAY	4 24	7 47	morn.	4 30	7 40	0 05
14	THURSDAY	4 25	7 46	0 36	4 31	7 40	0 42
15	FRIDAY	4 26	7 45	1 19	4 32	7 39	1 26
16	SATURDAY	4 27	7 44	2 09	4 33	7 38	2 15
17	**SUNDAY**	4 28	7 44	3 05	4 34	7 37	3 12
18	MONDAY	4 29	7 43	sets.	4 34	7 37	sets.
19	TUESDAY	4 30	7 42	8 11	4 35	7 36	8 07
20	WEDNESDAY	4 31	7 41	8 33	4 36	7 35	8 30
21	THURSDAY	4 32	7 40	8 50	4 37	7 35	8 49
22	FRIDAY	4 33	7 39	9 07	4 38	7 34	9 07
23	SATURDAY	4 34	7 38	9 30	4 39	7 33	9 31
24	**SUNDAY**	4 35	7 37	9 49	4 40	7 32	9 52
25	MONDAY	4 36	7 36	10 11	4 41	7 31	10 15
26	TUESDAY	4 37	7 35	10 40	4 42	7 30	10 46
27	WEDNESDAY	4 38	7 34	11 18	4 43	7 29	11 24
28	THURSDAY	4 39	7 33	morn.	4 44	7 28	morn.
29	FRIDAY	4 40	7 32	0 09	4 45	7 27	0 15
30	SATURDAY	4 41	7 31	1 09	4 46	7 26	1 16
31	**SUNDAY**	4 42	7 30	2 23	4 48	7 25	2 30

MOON'S PHASES.

	75TH MERIDIAN.	90TH MERIDIAN.	105TH MERIDIAN.
Full Moon	3d 4h 12m ev.	3d 3h 12m ev.	3d 2h 12m ev.
Last Quarter	10d 11h 43m m.	10d 10h 43m m.	10d 0h 43m m.
New Moon	18d 2h 47m ev.	18d 1h 47m ev.	18d 6h 47m ev.
First Quarter	26d 8h 40m m.	26d 7h 40m m.	26d 6h 40m m.

ST. GEORGE'S CHANNEL,
March 12th, 1895.

Dear Sirs: For the past twenty years I have been troubled with a pain in my stomach. Doctors' medicines only relieved me for the time being. Within the last five years I got very much worse. Last fall I tried a bottle of Mother Seigel's Syrup and it helped me, and when I had used a second bottle I was a new man. I can now eat anything a man should eat. I have also greatly gained in flesh and strength. Some of my neighbours have used it this winter, by my advice, and it did them a great deal of good. Everyone who is troubled with weak stomach, costiveness and cold feet should use Seigel's Syrup and Pills. But for dyspepsia they are beyond all praise Yours, etc.,

DONALD McKAY.

Have you ever tried Seigel's Ointment for a burn?—nothing better.

Care for the Brain.

If the pilot is blind what is to become of the ship? The brain is the pilot of the entire man. It never is at perfect rest, day or night. Every other part of the body reports to it. When it wears out or goes wrong the pilot is blind. In plain English, brain disorder shows itself by signs in the senses; impaired vision, clouds or black spots appear, indicating partial loss of sensitiveness in the retina, which is the immediate seat of sight. There is singing or buzzing in the ears, or deafness; neuralgia, keen pains running along the course of the nerves, particularly of the face. There will also be headaches, sometimes over one brow, and again over the whole head. The cause of all this is torpor and inaction of the liver and kidneys, whereby the brain is prevented from getting the nourishment it requires. It is like a garrison working and fighting without provisions. We must send up supplies without delay. Arouse the liver and kidneys by regular doses of Mother Seigel's Syrup, until there is an open road between the bread upon your table and the brain which taught you to earn it.

Immediate Relief.

MALVINA, COMYSTON CO., QUEBEC, March 8, 1897.

Gentlemen: I have used Seigel's Syrup and Pills for twelve years and have always obtained immediate relief from headache, nausea and biliousness, which I was subject to. I consider the Syrup a powerful medicine against indigestion.

My wife has used your Plasters for pains in the back and they have never failed to have the desired effect.

Yours truly,
(Signed) M. T. ROY.

8th Month. AUGUST, 1898. 31 Days.

Day Week.	Day Week.	For Montreal, Quebec and regions of St. Lawrence and Ottawa Rivers. Sun Rises.	Sun Sets.	Moon Rises.	For Toronto and Province of Ontario, lying on and bet the Great Lakes. Sun Rises.	Sun Sets.	Moon Rises.
		h.m.	h.m.	h.m.	h.m.	h.m.	h.m.
1	MONDAY	4 43	7 28	rises.	4 49	7 23	rises.
2	TUESDAY	4 44	7 27	7 40	4 50	7 22	7 37
3	WEDNESDAY	4 45	7 26	8 00	4 51	7 21	7 59
4	THURSDAY	4 46	7 25	8 27	4 52	7 20	8 27
5	FRIDAY	4 47	7 23	8 47	4 53	7 18	8 48
6	SATURDAY	4 49	7 22	9 07	4 54	7 17	9 10
7	**SUNDAY**	4 50	7 20	9 30	4 55	7 16	9 35
8	MONDAY	4 51	7 19	10 00	4 56	7 14	10 05
9	TUESDAY	4 52	7 18	10 35	4 57	7 13	10 41
10	WEDNESDAY	4 54	7 16	11 16	4 59	7 11	11 23
11	THURSDAY	4 55	7 15	morn.	5 00	7 10	morn.
12	FRIDAY	4 56	7 13	0 04	5 01	7 08	0 11
13	SATURDAY	4 58	7 11	0 58	5 02	7 07	1 05
14	**SUNDAY**	4 59	7 10	1 56	5 03	7 05	2 02
15	MONDAY	5 00	7 08	2 59	5 04	7 03	3 04
16	TUESDAY	5 01	7 06	4 03	5 05	7 02	4 07
17	WEDNESDAY	5 02	7 05	sets.	5 06	7 00	sets.
18	THURSDAY	5 03	7 03	7 15	5 07	6 59	7 14
19	FRIDAY	5 05	7 01	7 39	5 08	6 57	7 39
20	SATURDAY	5 06	6 59	7 56	5 09	6 55	7 58
21	**SUNDAY**	5 07	6 58	8 17	5 10	6 54	8 20
22	MONDAY	5 08	6 56	8 44	5 11	6 52	8 49
23	TUESDAY	5 10	6 54	9 17	5 12	6 50	9 23
24	WEDNESDAY	5 11	6 52	10 03	5 14	6 49	10 09
25	THURSDAY	5 12	6 50	10 57	5 15	6 47	11 04
26	FRIDAY	5 13	6 49	morn.	5 16	6 46	morn.
27	SATURDAY	5 14	6 47	0 05	5 17	6 44	0 11
28	**SUNDAY**	5 16	6 45	1 20	5 18	6 42	1 26
29	MONDAY	5 17	6 43	2 41	5 20	6 41	2 46
30	TUESDAY	5 18	6 41	4 03	5 21	6 39	4 06
31	WEDNESDAY	5 20	6 40	rises.	5 23	6 38	rises.

MOON'S PHASES.

	75TH MERIDIAN.	90TH MERIDIAN.	105TH MERIDIAN.
Full Moon	1d 11h 29m ev.	1d 10h 29m ev.	1d 9h 29m ev.
Last Quarter	9d 1h 13m m.	9d 0h 13m m.	8d 11h 13m ev.
New Moon	17d 5h 33m m.	17d 4h 33m m.	17d 3h 31m m.
First Quarter	24d 8h 32m ev.	24d 8h 32m ev.	24d 1h 30m ev.
Full Moon	31d 7h 51m m.	31d 6h 51m m.	31d 6h 51m m.

Cured After Four Doctors Failed.

DALHOUSIE, N.B., Mar. 12, 1897.

Gentlemen: I am pleased to inform you of the good that Seigel's medicines have done in my family. Six years ago my wife was so weak from dyspepsia she could do nothing, not even sweep the floor. She had much pain in the stomach and elsewhere. By chance one of Seigel's Almanacs fell into our hands and we sent for a bottle of Syrup. She had had four doctors and only grew worse. She grew a little better after taking the first bottle and kept on until she had used 13 bottles. She was then completely cured and has had good health for the last five years.

One of my brothers was here and had a bad arm so that he could not dress himself. One bottle cured him completely.

We always keep your Ointment in the house and have nothing but praise for it and for the Pills. These three medicines save me doctor's bills every year.

You can publish this and use my name if you wish.

Yours truly,
(Signed) SAM. ALBERT.

For boils use Seigel's Ointment.

Urinary Difficulties.

This is a large subject, but the most important points are not hard to understand. The urinary organs are twofold—namely, the kidneys and the bladder. It is the duty of the kidneys to take from the blood a certain poison called uric acid, and remove it from the system dissolved in the urine. This the kidneys do easily enough, so long as there is no more than a natural quantity of this acid, which is very hard to dissolve. But when, as often happens, the kidneys cannot pass it off as fast as it is produced by the liver, there is serious trouble at once, and trouble, too, that is sure to get worse.

We will see what takes place. When the kidneys can no longer dissolve this solid uric acid, they pass part of it through in a solid form into the bladder, while the rest remains in the kidneys. This uric acid takes with it quantities of the salts that are all the time used in the processes of digestion and bodily repair. This acid and these salts combine to form a sandy substance *in the kidneys*, causing a breaking down of those organs (called kidney complaint, or Bright's Disease), and in the bladder they cause a disease well known under the name of *the gravel*.

Persons will often pass some of it in their urine, but the most of it remains, and gives rise to inflammation, pain, heat, and intense suffering in making water. The reason of this is that the sand covers up the passage from the bladder, and the urine cannot find an outlet. To give temporary relief it is then necessary to push back the obstruction with an instrument, and let the water off. This gravel becomes hardened into stones of various sizes, which in passing through cut and tear the sides of the urinary passages some-

9th Month. SEPTEMBER, 1898. 30 Days.

Day Month	Day Week.	For Montreal, Quebec and regions of St. Lawrence and Ottawa Rivers. Sun Rises.	Sun Sets.	Moon Rises.	For Toronto and Province of Ontario, lying on and bet. the Great Lakes. Sun Rises.	Sun Sets.	Moon Rises.
		h.m.	h.m.	h m	h.m.	h.m.	h m
1	THURSDAY	5 21	6 38	6 50	5 24	6 35	6 50
2	FRIDAY	5 22	6 36	7 09	5 25	6 34	7 12
3	SATURDAY	5 23	6 34	7 34	5 26	6 32	7 37
4	**SUNDAY**	5 24	6 32	8 01	5 27	6 30	8 06
5	MONDAY	5 26	6 30	8 34	5 28	6 28	8 40
6	TUESDAY	5 27	6 28	9 13	5 29	6 26	9 19
7	WEDNESDAY	5 28	6 26	9 58	5 30	6 24	10 05
8	THURSDAY	5 29	6 24	10 51	5 31	6 22	10 57
9	FRIDAY	5 30	6 22	11 47	5 32	6 20	11 53
10	SATURDAY	5 31	6 20	morn.	5 33	6 19	morn.
11	**SUNDAY**	5 33	6 18	0 47	5 34	6 17	0 53
12	MONDAY	5 34	6 16	1 51	5 35	6 15	1 55
13	TUESDAY	5 35	6 15	2 57	5 36	6 14	3 00
14	WEDNESDAY	5 36	6 13	4 06	5 37	6 11	4 07
15	THURSDAY	5 38	6 11	5 17	5 39	6 09	5 17
16	FRIDAY	5 39	6 09	sets.	5 40	6 08	sets.
17	SATURDAY	5 40	6 07	6 24	5 41	6 06	6 27
18	**SUNDAY**	5 42	6 05	6 48	5 42	6 05	6 53
19	MONDAY	5 43	6 03	7 21	5 43	6 03	7 27
20	TUESDAY	5 44	6 01	8 02	5 44	6 01	8 09
21	WEDNESDAY	5 45	5 59	8 53	5 46	5 59	9 00
22	THURSDAY	5 47	5 57	9 56	5 47	5 57	10 03
23	FRIDAY	5 48	5 56	11 06	5 48	5 56	11 13
24	SATURDAY	5 49	5 54	morn.	5 50	5 54	morn.
25	**SUNDAY**	5 50	5 52	0 24	5 51	5 52	0 29
26	MONDAY	5 52	5 50	1 41	5 52	5 50	1 45
27	TUESDAY	5 53	5 48	3 02	5 53	5 48	3 04
28	WEDNESDAY	5 54	5 46	4 22	5 55	5 47	4 22
29	THURSDAY	5 56	5 44	5 32	5 56	5 45	5 31
30	FRIDAY	5 57	5 42	rises.	5 57	5 43	rises.

MOON'S PHASES.	75TH MERIDIAN.	90TH MERIDIAN.	105TH MERIDIAN.
Last Quarter	7d 5h 51m ev.	7d 4h 51m ev.	7d 3h 51m ev.
New Moon	15d 7h 10m ev.	15d 6h 10m ev.	15d 5h 10m ev.
First Quarter	22d 9h 39m ev.	22d 8h 39m ev.	22d 7h 39m ev.
Full Moon	29d 6h 10m ev.	29d 5h 10m ev.	29d 4h 10m ev.

times so that the urine is tinged with blood. The pain and agony attending this are the most intense that men are called upon to endure. It was a misdirected effort to relieve the late Emperor of the French, Louis Napoleon, by crushing the stone in the bladder, that caused his death.

The only true method is to dissolve the gravel or stone in the place where it lodges, when it will pass off without being felt. Seigel's Curative Syrup does this, and assists the urinary organs to throw off this dangerous substance as rapidly as it is formed, thus preventing any accumu-

For burns or scalds use Seigel's Ointment.

lation in the water passages. Cases are on record of the success of the Syrup in curing gravel and kidney decay, even after the most skillful medical treatment had been of no avail. Still, there is always peril in delay. The reader should resort to the remedy on the earliest appearance of suspicious symptoms.

Worms.

These pests are bred by the corrupt matter in the system. They often induce an unnatural appetite, and again destroy the appetite altogether. Seigel's Curative Syrup will quickly drive them from the stomach and bowels, and expel and destroy the decaying substances on which they feed and grow.

Mothers should give their children occasional doses of the Syrup in order to keep the stomach in order, and thus prevent worms being engendered there. This is true of all the parasites that infest the bowels and skin. It starves and cleanses them away.

Seigel's Curative Syrup is a gentle curative medicine, prepared from simple herbs, and containing no harmful ingredients.

It acts on the stomach and on all the organs of digestion. It makes them stronger, healthier and more willing to work.

It is a tonic and curative medicine, with no power but for the good of the human body.

For over a quarter of a century Seigel's Curative Syrup has been curing disease and restoring humanity to health.

In all that time and with the millions who have used it, not a single complaint of its inefficacy has ever been made by anybody.

Success makes success.

10th Month. OCTOBER, 1898. 31 Days.

Day Month.	Day Week.	For Montreal, Quebec and regions of St. Lawrence and Ottawa Rivers. Sun Rises.	Sun Sets.	Moon Rises.	For Toronto and Province of Ontario, lying en and bet. the Great Lakes. Sun Rises.	Sun Sets.	Moon Rises.	Moon's Phases.		
		h.m.	h.m.	h.m.	h.m.	h.m.	h.m.	Last Quarter.....	7d	1h 5m ev.
1	SATURDAY.....	5 58	5 40	5 59	5 57	5 40	6 03	New Moon.....	15d	7h 37m m.
2	**SUNDAY**.....	6 00	5 39	6 31	5 59	5 39	6 37	First Quarter.....	22d	4h 9m m.
3	MONDAY.....	6 01	5 37	7 09	6 00	5 38	7 15	Full Moon.....	29d	7h 18m m.
4	TUESDAY.....	6 02	5 35	7 52	6 01	5 36	7 59			
5	WEDNESDAY.....	6 03	5 33	8 41	6 02	5 34	8 42			
6	THURSDAY.....	6 05	5 31	9 37	6 04	5 33	9 43			
7	FRIDAY.....	6 06	5 29	10 35	6 05	5 31	10 40			
8	SATURDAY.....	6 07	5 27	11 37	6 06	5 29	11 41			
9	**SUNDAY**.....	6 09	5 25	morn.	6 07	5 28	morn.			
10	MONDAY.....	6 10	5 23	0 42	6 08	5 26	0 45			
11	TUESDAY.....	6 11	5 22	1 48	6 09	5 24	1 50			
12	WEDNESDAY.....	6 13	5 20	2 58	6 10	5 23	2 59			
13	THURSDAY.....	6 14	5 18	4 06	6 12	5 21	4 05			
14	FRIDAY.....	6 15	5 17	5 15	6 13	5 19	5 14			
15	SATURDAY.....	6 16	5 15	6 22	6 14	5 18	6 29			
16	**SUNDAY**.....	6 18	5 13	sets.	6 15	5 16	sets.			
17	MONDAY.....	6 19	5 11	6 00	6 16	5 14	6 06			
18	TUESDAY.....	6 21	5 10	6 49	6 18	5 13	6 56			
19	WEDNESDAY.....	6 22	5 08	7 50	6 19	5 11	7 56			
20	THURSDAY.....	6 23	5 07	8 58	6 20	5 09	9 05			
21	FRIDAY.....	6 25	5 05	10 13	6 22	5 08	10 19			
22	SATURDAY.....	6 26	5 03	11 31	6 23	5 06	11 35			
23	**SUNDAY**.....	6 27	5 02	morn.	6 24	5 05	morn.			
24	MONDAY.....	6 29	5 00	0 48	6 25	5 03	0 51			
25	TUESDAY.....	6 30	4 58	2 06	6 27	5 01	2 07			
26	WEDNESDAY.....	6 31	4 57	3 19	6 28	5 00	3 18			
27	THURSDAY.....	6 32	4 55	4 30	6 29	4 58	4 28			
28	FRIDAY.....	6 34	4 54	5 44	6 31	4 56	5 41			
29	SATURDAY.....	6 35	4 53	rises.	6 32	4 55	rises.			
30	**SUNDAY**.....	6 36	4 50	5 04	6 33	4 53	5 10			
31	MONDAY.....	6 38	4 49	5 47	6 34	4 51	5 53			

75TH MERIDIAN. 90TH MERIDIAN. 105TH MERIDIAN.

7d	0h 5m ev.	7d 11h 5m m.
15d	6h 37m m.	15d 5h 37m m.
22d	3h 9m m.	22d 2h 9m m.
29d	6h 18m m.	29d 5h 18m m.

Indigestion.

Indigestion brings on headache, neuralgia, dizziness, nausea, tired feeling, weight on the stomach, offensive breath, heartburn, stomach-ache, fever, flatulence, constipation, loss of appetite, etc. When you have any of these symptoms, take them as a warning. They are the beginning. Worse will come if you do not act promptly. Mother Seigel's Curative Syrup will relieve these symptoms and prevent the coming of the dangerous derangements of your body which always follow them.

If not taken in time to *prevent*, there is still hope. Mother Seigel's Curative Syrup will cure these derangements.

Seigel's Ointment is invaluable for Piles.

Piles and Costiveness.

The bowels should be emptied at least once a day by a natural evacuation, yet some persons (usually females) often fail of such evacuation for several successive days. Consequently the bowels or intestines are filled with partially digested food, which ferments and sours, and develops a foul gas that rises into the mouth with a belching sound and action. This nauseous mass presses upon and congests the blood-vessels, producing various forms of piles—bleeding piles, blind piles, itching piles, etc. What suffering is thus caused we need not deseribe. The only mode of relief and cure is to soften this disease-breeding accumulation, and expel it from the bowels by the natural passage, and then to tone up the intestines so that they may do their own work. Seigel's Curative Syrup does this by promoting the secretion of bile by the liver, and stimulating the nervous and muscular power of the bowels. A few doses give relief, and perseverance will effect a cure.

DUNBAR, ONT., Mar. 15, 1897.
A. J. WHITE & Co.,
No. 71a James St., Montreal.

Gentlemen: Some time ago my health was very bad, my appetite failed me, my food did me no good. I was troubled by wind and pains in my stomach, and also pains in my head which nearly drove me crazy. My sleep at night was troubled, and I awoke feeling no more rested than when I retired. At this time I commenced to use Seigel's Syrup, and I immediately began to feel better. My appetite improved and my sleep was sound and refreshing. At the present time of writing I am enjoying good health, I sleep well and my appetite is splendid. I can truthfully state that Seigel's Syrup has done me more good than any medicine I ever took, and I am glad of this opportunity of telling others what it has done, and recommending it to them. With good wishes, allow me to remain,

Your friend and well-wisher,
(Signed) F. D. BARKLEY.

11th Month. NOVEMBER, 1898. 30 Days.

Day Month.	Day Week.	For Montreal, Quebec and regions of St. Lawrence and Ottawa Rivers. Sun Rises.	Sun Sets.	Moon Rises.	For Toronto and Province of Ontario, lying on and bet. the Great Lakes. Sun Rises.	Sun Sets.	Moon Rises.
		h.m.	h.m.	h. m.	h.m.	h.m.	h. m.
1	TUESDAY	6 39	4 47	6 33	6 36	4 50	6 40
2	WEDNESDAY	6 41	4 45	7 27	6 37	4 49	7 33
3	THURSDAY	6 42	4 44	8 23	6 39	4 48	8 30
4	FRIDAY	6 43	4 42	9 24	6 40	4 46	9 29
5	SATURDAY	6 45	4 41	10 28	6 41	4 45	10 32
6	**SUNDAY**	6 46	4 40	11 33	6 43	4 44	11 36
7	MONDAY	6 48	4 38	morn.	6 44	4 43	morn.
8	TUESDAY	6 49	4 37	0 39	6 46	4 41	0 41
9	WEDNESDAY	6 51	4 36	1 49	6 47	4 40	1 49
10	THURSDAY	6 52	4 35	2 53	6 48	4 39	2 52
11	FRIDAY	6 53	4 34	4 07	6 50	4 38	4 05
12	SATURDAY	6 55	4 33	5 25	6 51	4 37	5 21
13	**SUNDAY**	6 56	4 32	6 42	6 52	4 36	6 37
14	MONDAY	6 57	4 31	sets.	6 54	4 35	sets.
15	TUESDAY	6 59	4 30	5 37	6 55	4 34	5 44
16	WEDNESDAY	7 00	4 29	6 46	6 56	4 33	6 53
17	THURSDAY	7 01	4 28	8 01	6 58	4 32	8 07
18	FRIDAY	7 03	4 27	9 20	6 59	4 31	9 24
19	SATURDAY	7 04	4 26	10 39	7 00	4 30	10 42
20	**SUNDAY**	7 05	4 25	11 58	7 01	4 30	11 59
21	MONDAY	7 07	4 24	morn.	7 02	4 29	morn.
22	TUESDAY	7 08	4 24	1 09	7 03	4 28	1 09
23	WEDNESDAY	7 09	4 23	2 20	7 04	4 28	2 19
24	THURSDAY	7 11	4 23	3 33	7 06	4 27	3 30
25	FRIDAY	7 12	4 21	4 44	7 07	4 27	4 40
26	SATURDAY	7 13	4 21	5 51	7 08	4 26	5 46
27	**SUNDAY**	7 14	4 20	6 56	7 09	4 26	6 50
28	MONDAY	7 16	4 20	rises.	7 10	4 25	rises.
29	TUESDAY	7 17	4 19	5 18	7 11	4 25	5 24
30	WEDNESDAY	7 18	4 18	6 15	7 12	4 24	6 21

Moon's Phases.	75th Meridian.	90th Meridian.	105th Meridian.
Last Quarter	6d 9h 28m m.	6d 8h 28m m.	6d 7h 28m m.
New Moon	13d 7h 20m ev.	13d 6h 20m ev.	13d 5h 20m ev.
First Quarter	20d 0h 5m m.	20d 11h 5m m.	20d 10h 5m m.
Full Moon	27d 11h 39m ev.	27d 10h 39m ev.	27d 9h 39m ev.

Sleep at Night.

Night is the time for sleep. Day is the time for work. If you feel like sleeping much in the day time, it shows that something is wrong. Perhaps you feel languid and listless, and good-for-nothing. You have no special pain, yet you are not fit for work. You don't think you are sick; just lazy. And yet you don't like to own up to being lazy. You want to take half a dozen naps a day, especially if it is Sunday. Somebody tells you to stir yourself and keep awake. You can't do it. This state of things proceeds from a congested liver. Free the liver by means of a few doses of Mother Seigel's Syrup. Now you have new life, new energy, new spirits, and you can joyfully stay awake and do your work.

Coated tongues yield to Seigel's Pills,

Nervous Affections.

Everybody has heard of ailments by this name, but what the ailments really are and what causes them, remains a mystery. Hence they are wrongly treated, and sufferers finally come to think that they cannot be cured. A few plain words will throw light upon this dark subject. Nervous affections mean weakness or feebleness of the nerves. Now, the body is full of nerves—the brain being the centre. When the nerves are strong and healthy we have no more sense of them than we have of our stomach when *that* is strong and sound. But when the nerves get out of order we are notified of it by such symptoms and feelings as these: sleeplessness, excitement of mind, low spirits, irritability of temper, desire to avoid company, dislike of noise, great worry over little things, uneasy sensations shifting from one place to another throughout the body, a feeling of being tired and exhausted even when we have worked but little; groundless fears and anxieties about our children, about the future, and about a hundred other matters, and many transient pains we cannot account for. Now, what is the cause of this miserable state of the nerves? Simply this — *impure blood*. The nerves are built up and fed by the blood, and when bad digestion has filled the blood with waste and poisonous matters, like filth in a brook, *the nerves are starved*, and tremble and break down. This is the whole truth about all so-called nervous diseases. They are a result and a symptom of indigestion and dyspepsia.

What to do is the question. The answer is easy. Take a dose of Seigel's Curative Syrup night after night for four or five days, or in bad cases longer. But the effect will soon be felt. The Syrup will purify the blood, expel the poison and improve the appetite. The food you then eat will strengthen and tone up the nerves, all bad symptoms will vanish like vapor in the sunshine, and the world will once more seem a good and happy place to live in.

Your pain in the side will be cured by using a Seigel's Plaster.

12th Month. DECEMBER, 1898. 31 Days.

Day Month.	Day Week.	For Montreal, Quebec and regions of St. Lawrence and Ottawa Rivers. Sun Rises.	Sun Sets.	Moon Rises.	For Toronto and Province of Ontario, lying on and bet. the Great Lakes. Sun Rises.	Sun Sets.	Moon Rises.
		h.m.	h.m.	h. m.	h m.	h.m.	h. m.
1	THURSDAY	7 20	4 18	7 14	7 14	4 24	7 20
2	FRIDAY	7 21	4 17	8 16	7 15	4 24	8 21
3	SATURDAY	7 22	4 17	9 19	7 16	4 24	9 22
4	**SUNDAY**	7 23	4 17	10 25	7 17	4 23	10 28
5	MONDAY	7 24	4 17	11 31	7 18	4 23	11 31
6	TUESDAY	7 25	4 16	morn.	7 19	4 23	morn.
7	WEDNESDAY	7 26	4 16	0 35	7 20	4 23	0 35
8	THURSDAY	7 27	4 16	1 43	7 21	4 23	1 42
9	FRIDAY	7 28	4 16	2 57	7 22	4 23	2 54
10	SATURDAY	7 29	4 16	4 14	7 23	4 23	4 09
11	**SUNDAY**	7 30	4 16	5 32	7 24	4 23	5 26
12	MONDAY	7 31	4 16	6 46	7 24	4 23	6 40
13	TUESDAY	7 32	4 16	sets.	7 25	4 23	sets.
14	WEDNESDAY	7 33	4 17	5 37	7 26	4 24	5 44
15	THURSDAY	7 33	4 17	6 53	7 27	4 24	7 03
16	FRIDAY	7 34	4 17	8 20	7 28	4 24	8 24
17	SATURDAY	7 35	4 18	9 42	7 28	4 25	9 44
18	**SUNDAY**	7 36	4 18	11 01	7 29	4 25	11 02
19	MONDAY	7 36	4 19	morn.	7 29	4 25	morn.
20	TUESDAY	7 37	4 19	0 11	7 30	4 26	0 10
21	WEDNESDAY	7 37	4 19	1 24	7 31	4 26	1 22
22	THURSDAY	7 38	4 20	2 36	7 31	4 27	2 32
23	FRIDAY	7 38	4 20	3 48	7 32	4 27	3 38
24	SATURDAY	7 39	4 21	4 49	7 32	4 28	4 42
25	**SUNDAY**	7 39	4 22	5 47	7 32	4 28	5 42
26	MONDAY	7 40	4 22	6 43	7 33	4 29	6 37
27	TUESDAY	7 40	4 23	rises.	7 33	4 30	rises.
28	WEDNESDAY	7 40	4 24	5 05	7 34	4 30	5 10
29	THURSDAY	7 41	4 24	6 07	7 34	4 31	6 11
30	FRIDAY	7 41	4 25	7 09	7 34	4 32	7 13
31	SATURDAY	7 41	4 26	8 13	7 34	4 33	8 16

MOON'S PHASES.

	75TH MERIDIAN.	90TH MERIDIAN.	105TH MERIDIAN.
Last Quarter	6d 5h 6m m.	6d 4h 6m m.	6d 3h 6m m.
New Moon	13d 6h 43m m.	13d 5h 43m m.	13d 4h 43m m.
First Quarter	19d 10h 22m ev.	19d 9h 22m ev.	19d 8h 22m ev.
Full Moon	27d 6h 39m ev.	27d 5h 39m ev.	27d 4h 39m ev.

Felt Like Fighting.

"I was so excitable and irritable that I could fight with a feather. My family were half afraid to have me about the house." This was said by a cultivated and educated American lady to her physician. He gave her some advice, told her to try and keep quiet, and prescribed a soothing potion for the nerves. This is where the doctor took hold of the case by the wrong end. Like so many of his profession, eager to bring about quick results and please his patient, he treated the symptom instead of the disease. Her trouble was chronic indigestion, which had unstrung and bejangled all the nerves in her body. It was no use, the narcotic made her crankier than ever. She finally tried a course of Mother Seigel's Syrup, and in three months she became quiet as a lamb and cared neither to fight with a feather or fists.

Seigel's Plasters wor while you sleep.

Diseases of the Bowels.

The bowels, in a healthy state, carry off all useless matter which can be carried off in solid form. Sometimes the main channel becomes choked up by the slime on the coating of the intestines, which gives rise to constipation and irregularity of the bowels. If the bile is not thrown out from the liver in sufficient quantities, the bowels become costive and the membranes of the bowels become weak and irritable. When much irritation exists diarrhœa follows, because the bowels have not the strength to do what is required of them. Inflammation follows, and the person so afflicted drags out a miserable existence. Seigel's Curative Syrup is the most efficacious remedy ever known for producing natural passages, removing slime and phlegm from the bowels, and keeping them regular. It gives tone to the intestines, and strengthens them to perform the functions designed by Nature.

One or two doses a day will cleanse and tone the intestines, and remove torpidity of the liver.

Female Diseases.

Women in particular stand in need of some such remedy as this. Even more than men they are liable to illness. The confinement, the worry and labor of housekeeping, and the care of a home and a family, tend to break them down. Men may earn most of the money, but it is upon the wives and mothers that the real responsibility falls; and when they are not able to look after affairs, what

becomes of the home? What indeed? We may well ask that.

Now, there is a host of women in Canada who can bear witness to what Seigel's Curative Syrup has done for them and for their sex. It has given health and spirits to many a poor, desponding mother, wife, or daughter. It has found them with hollow, sunken eyes, and sallow faces, all of which are signs of some trouble or weakness —probably of the organs of generation; and in the course of a few weeks the dark circles under the eyes have disappeared and bright looks returned with health and strength.

During pregnancy the Syrup should be taken in 10 or 15 drop doses, three times a day, *instantly after eating*. If the bowels should be costive, an occasional dose of Seigel's Operating Pills (say once a week) will give great relief. Yet great care should be taken to *avoid violent purging*. Gentle and regular movements are all that should be aimed at. Therefore each one must suit the dose to her own needs, not slavishly follow someone else's rule. Read the directions that go with the Pills.

Heart Disease.

When you fancy you have heart disease the chances are a hundred to one that you have no heart disease at all, but indigestion and dyspepsia instead. The heart is located almost directly above the stomach, and when the latter is inflated by the gas arising from indigestion it often presses upon the heart and causes fluttering, palpitation and faintness. Take a few doses of Seigel's Syrup and you will commonly find you had no reason to be alarmed.

The Old Folks at Home.

Happy is the household which numbers among its inmates a good old grandmother or venerable grandfather. It is wicked to wish to be rid of them, to wish they were dead. The young people need the society of the old ones, just as the old ones need the help of the young. Wisdom and experience are as useful in a house as vigor and ambition. Therefore be good to the old people. Speak to them kindly and respectfully. Keep for them the easiest chairs on the piazza in summer, and the snuggest places by the fireside in winter. They will have their aches and pains. There will often be twinges of rheumatism, a weak or aching back, occasional spasms of neuralgia, and other local ailments which show that the human clock is running down. You cannot better promote the comfort of the old people than by keeping at hand a supply of Mother Seigel's Syrup, for the particular ills above mentioned.

Diseases of the Liver.

When the liver becomes disordered and diseased, the person so afflicted is indeed miserable. He suffers with dull pains in the side, bad taste in the mouth, spots before the eyes, flushes of heat, irregularity of the bowels, piles, coated tongue, disordered stomach, heartburn, costiveness, and pain in the

head. He frequently has a dry cough, high colored urine, yellow skin, and dull sleepy sensations, rendering him unfit for business or for employment. The hands and feet are cold, circulation of the blood is sluggish; the patient suffers with vertigo, ringing in the ears, loss of appetite, nausea, and sick headache, heartburn, dry, scurfy skin, etc.

Seigel's Curative Syrup acts moderately upon the bowels, so as to produce two or three easy passages a day, without any purging or griping. It does not leave constipation, as most of the ordinary blood purifiers in use do, but produces harmony in every part of the system. The liver is invigorated to secrete healthy bile and to filter impurities from the blood by the use of this wonderful regulator and invigorator, and all the disagreeable and painful sensations above mentioned are one by one removed as the blood is cleansed and renewed. The skin loses its sallow appearance, and the bloom of health and beauty takes the place of the haggard and sallow hue of disease.

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NO DOUBT OF IT.

The longer a man lives the fewer grow the things he is sure of. But no new discovery is likely to set aside the theory of counter-irritation; that is, our ability to subdue inflammation in the body by setting up a little artificial heat on the surface immediately above it. This is the way all plasters operate, and of these Seigel's Plaster is the safest and most effective. Try one whenever you have a local pain, and see how quickly you will forget both the plaster and the pain.

ANON P. O., Mar. 5, 1897.

Dear Sirs: I have been troubled with dyspepsia for four years, and I have been doctoring and found no relief until I tried the Seigel's remedies. I found great relief from it and have taken four bottles, and now I can eat vegetables without any distress at my stomach, and it has strengthened my system. I recommend Seigel's remedies for dyspepsia and weakness.

Yours truly,

(Signed) MRS. R. FOULDS.

Skin Diseases.

In this short paragraph we want to enforce only a single point. *All skin diseases of whatsoever name or nature are caused by* IMPURITY OF THE BLOOD. The skin is full of minute blood vessels. These carry the poison which is in the blood to the skin, and such poison produces an outbreak, according to what its special nature may be. Pimples on the face or body, erysipelas, salt rheum, ulcers, sores, boils, carbuncles and every other disease—including tumors and malignant cancers — which show upon the surface of the skin, signify that the blood is laden with the foul and putrid matters which are themselves engendered by indigestion and dyspepsia. Scabs in the hair, sore eyes, running from the ears, etc., come from the same cause, and can be gotten rid of in the same way, namely, by the use of Seigel's Syrup. The coarsest skin can thus be made soft and fine. Rashes, festers, flesh-worms, liver spots, blackheads, disappear before this blood purifier as a fog before a fresh west wind.

WEST PUBNICO, N. S.,
March 4th, 1895.

A. J. WHITE & Co.:

Gentlemen: It gives me great pleasure to testify to the fact that Mother Seigel's Syrup has caused a most remarkable change in my condition. For two years I have suffered from a kidney complaint, without finding any relief from any medicine. Now, after having used six bottles of the Syrup, I am entirely well and strong. I rest and sleep with ease and comfort. I believe Seigel's Syrup to be *the best medicine in the world.*

Yours very truly,

SIMON G. AMIRO.

Mother Seigel's Ointment.

For Burns, Scalds, and all Inflammations; Piles, Chilblains, &c.

EVERY family requires some kind of Ointment to be kept in the house, to be used in case of Burns, Scalds, Sores, Bruises, &c. For this reason we have made **Mother Seigel's Ointment,** which will be found invaluable in such cases.

DIRECTIONS FOR USE.

For Blisters, Burns, and Scalds.—Spread a small quantity of Mother Seigel's Ointment on fine linen cloth, and apply to the part so as to exclude the air; renew the application daily.

For Sprains.—Shower with cold water every day, and apply a piece of linen spread with the Ointment twice or three times a day.

For Sore Eyes.—Rub the Ointment on the eyelids once or twice a day.

For Boils and Swellings.—Rub the Ointment on the affected parts several times a day

For Piles.—Wash in cold water every day, and apply the Ointment twice or three times a day.

For Inflammation.—Apply a piece of linen spread with the Ointment several times a day.

Rheumatism.—While waiting for the effect of Mother Seigel's Curative Syrup to operate upon the blood, the pain may be temporarily relieved by rubbing the part with the Ointment.

DIRECTIONS
FOR TAKING
Mother Seigel's Curative Syrup.

DOSE — FIFTEEN TO THIRTY DROPS, two or three times a day, in a wineglass of water *immediately* after eating.

Mother Seigel's Syrup is put up in a highly concentrated form, the full dose being thirty drops (half a teaspoonful), and each 60c. bottle contains sixty average doses, being about one cent per dose.

The quantity may be regulated by the patient, who will bear in mind that sufficient needs to be taken to operate on the bowels two or three times each day. The blood will thus be purified, the sweat-glands of the skin will be opened, and the flesh made soft and healthy as an infant's. The kidneys and liver will do their duty, and all humors of the blood will be driven out of the system, and the body purified and restored to a sound and healthy condition. The medicine must be taken *instantly* after eating, so that it will become mixed with food while in the stomach.

Commence by taking ten or fifteen drops three times a day *instantly* after eating, in a little cold sweetened water. It is best not to take Mother Seigel's Curative Syrup on an empty stomach. If this does not give relief, increase the dose to thirty drops, always to be taken *instantly* after eating, so that the Syrup may become mixed with the food while being digested. It is essential that the bowels be made to move freely every day, and if the above doses of Syrup be not sufficient to effect this, take one to four of Mother Seigel's Operating Pills at bedtime. It is better to take the Pills than to increase the dose of Syrup.

THE RETAIL PRICES OF THESE MEDICINES ARE AS FOLLOWS:

MOTHER SEIGEL'S SYRUP, - Per Bottle, 60 and 30 cts.
MOTHER SEIGEL'S OPERATING PILLS, - Per Box, 25 cts.
MOTHER SEIGEL'S SOOTHING OINTMENT, Per Box, 25 cts.
MOTHER SEIGEL'S PLASTERS, - - - Each, 25 cts.

In case the reader cannot obtain the medicine from a local dealer, we will forward the same free on receipt of P. O. Order or stamps, in a registered letter, for the quantity required.

ADDRESS **A. J. WHITE & CO.,**
71 St. James St., Montreal, P. Q.

For Sale by all Druggists and Dealers in Medicine Generally.

SEIGEL'S OPERATING PILLS.

UNLIKE many kinds of cathartic medicines, do not make you feel worse before you feel better. Their operation is gentle but thorough, and unattended with disagreeable effects, such as nausea, griping pains, etc.

Seigel's Operating Pills are the best family physic that has ever been discovered. They cleanse the bowels from all irritating substances and leave them in a healthy condition. They cure costiveness.

These Pills prevent fevers and all kinds of sickness by removing all poisonous matter from the bowels. They operate briskly, yet mildly, without any pain.

If you take a severe cold and are threatened with a fever, with pains in the head, back, and limbs, one or two doses of Seigel's Operating Pills will break up the cold and prevent the fever.

Seigel's Operating Pills prevent ill effects from excess in eating or drinking. A good dose at bedtime renders a person fit for business or labor in the morning. The Pills being sugar-coated are pleasant to take; the disagreeable taste common to most pills is obviated.

When the tongue is coated, the head heavy and aching, an offensive taste in the mouth, the appetite poor, and the spirits dull, a dose of these Pills speedily changes this miserable state of things and supplants it by the exact opposite.

The wisest and most cautious of men are sometimes tempted to eat and drink too much, and to sit up too late at night. When we have been guilty of this indiscretion there is nothing in the world like Seigel's Operating Pills to speedily correct the unlucky results, and send us off to business the next morning with a clear head and an elastic step.

Briefly, it is no idle statement to make, that so excellent and scientific a combination of qualities places Mother Seigle's Operating Pills far in advance of any others yet offered for the relief of those ailments for which Pills are specially adapted.